

# Boston's Age Strong Commission

# Weekly Digest

March 7 - March 13, 2022

Information & opportunities for Boston's older adults

HEY, BOSTON, COME ON BACK!  
TAX SITES ARE OPEN & SAFE. CALL FIRST

Mayor's Office  
**BOSTON TAX HELP COALITION**



## FREE TAX SERVICES



Over **180,000** taxpayers served  
Over **\$320 million** dollars returned directly to taxpayers' pockets

**Maximize your refund; get all the credits available to you, even if you have no income**  
Advanced Child Tax Credit, Stimulus Payments, EITC, Healthcare credits

**Save for Emergencies and Plan for the Future**  
Open a Bank Account, Purchase a Savings Bond, Fix and build your credit

**Residents welcome even if undocumented**  
Apply for an ITIN or file your taxes with a current ITIN, bilingual tax prep available

**BostonTaxHelp.org | 617.635.4500**



fb.com/BostonTaxHelp  
@BosTaxHelp  
@BostonTaxHelp

WEEKLY DIGEST  
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Stay Connected  
to Age Strong:

City Hall, Room 271  
1 City Hall Square  
Boston, MA 02201  
617-635-4366  
agestrong@boston.gov  
boston.gov/agestrong

  @AgeStrongBos

AGE+

City of Boston  
Age Strong  
Commission

**ALL ABOARD**

Starting Tuesday,  
March 1, the 23, 28 and  
29 MBTA buses will be  
*fare-free for two years.*

OFFICE of MAYOR WU



## MONDAY, MARCH 7

9am

### **Age Strong Virtual Chair Yoga**

No registration necessary

Click [here](#) for more information.

11:30am

### **Age Strong Virtual Meditation**

No registration necessary

Click [here](#) for more information.

5pm

### **Parks: Virtual Fitness: Dance Fit**

Click [here](#) to register & for more information.

## TUESDAY, MARCH 8

10:30am

### **A Quilting Circle**

BPL: Codman Square

690 Washington Street, Dorchester

Click [here](#) to register & for more information..

11am-1pm

### **Knit/Crochet Circle**

Boston Public Library: Roslindale Branch

4246 Washington Street, Roslindale

Click [here](#) for more information.

11:30am-12:30pm

### **Age Strong Virtual Latin Dance**

No registration necessary

Click [here](#) for more information.

6:30pm

### **Parks: Virtual Fitness: Afrobeats Dance**

Click [here](#) to register & for more information.

## WEDNESDAY, MARCH 9

10:30am

### **BPL: Older Adults' Chair Yoga**

Boston Public Library: West End Branch

151 Cambridge Street, West End

Click [here](#) to register & for more information.

11am

### **Parks: Virtual Fitness: Chair Yoga**

Click [here](#) to register & for more information.

11:30am

### **Age Strong Virtual Yoga**

No registration necessary

Click [here](#) for more information.

3pm

### **BPL Virtual: Shelf Service Live:**

### **Personalized Reading Recommendations from Librarians**

Click [here](#) to register & for more information.

4-7pm

### **BPL: Free Tax Preparation (Drop-Off & Remote Only)**

Click [here](#) to register & for more information.

**DID YOU KNOW YOU COULD  
SAVE UP TO \$1,500  
ON YOUR PROPERTY TAXES?**



**JOIN AGE STRONG'S PROPERTY TAX  
WORK-OFF PROGRAM**

*Our mission is to enhance the lives of  
Boston's older adults with meaningful  
programs and resources.*

**ABOUT PTWOP**

- Qualified older homeowners could volunteer up to 106 hours for the City of Boston, in exchange for a property tax abatement of up to \$1,500 per fiscal year.

**REQUIREMENTS**

- Age 60+
- Gross income:  
\$40,000 or less if single  
\$55,000 or less if married
- You must own & occupy property 3+ years & occupy property as a primary residence.

**HOW IT WORKS**



**Step 1**

Submit your application with all supporting documents by July 1, 2022.



**Step 2**

If approved, we'll match you with a volunteering opportunity.



**Step 3**

When you complete the hours, you'll receive a property tax abatement.

**AGE+**

City of Boston  
Age Strong Commission  
Mayor Michelle Wu

**617-635-5741**  
lisa.martins@boston.gov

**THURSDAY, MARCH 10**1pm***BPL Virtual: Lunchtime******Science Fiction/Fantasy Short Story Club***Click [here](#) to register & for more information.2pm***BPL Virtual: Chair Yoga for Older Adults***Click [here](#) to register & for more information.2:30-5:30pm***The Dudley Winter Market***

11 Brook Avenue, Roxbury

Click [here](#) for more information.6:30pm***Parks: Virtual Fitness: Zumba***Click [here](#) to register & for more information.7pm***BPL: "Master Thieves: The Boston Gangsters Who Pulled off the World's Greatest Art Heist"***Boston Public Library: Jamaica Plain Branch  
30 South Street, Jamaica PlainClick [here](#) to register & for more information.10am-12noon***BPL Virtual: Drop-in Office Hours: Legal Services Center***Click [here](#) to register & for more information.**FRIDAY, MARCH 11**9am***Parks: Virtual Fitness: Strength Training***Click [here](#) to register & for more information.11:30am***Age Strong Virtual Zumba***

No registration necessary

Click [here](#) for more information.**SATURDAY, MARCH 12**12:30pm***Parks: Virtual Fitness: Chair Meditation***Click [here](#) to register & for more information.10am-1pm***Dorchester Winters Farmers Market***

6 Norfolk Street, Dorchester

Click [here](#) for more information.**SUNDAY, MARCH 13**12noon-3pm***Roslindale Farmers Market***

19 Corinth Street, Roslindale

Click [here](#) for more information.6pm***Parks: Virtual Fitness: Yoga***Click [here](#) to register & for more information.

### BECOME AN AMERICORPS RSVP VOLUNTEER



Let's Help Boston's Older Adults  
Get Access to Food

#### Make Local Deliveries or Volunteer at a Local Pantry

- Must be 55+
- Pass a CORI check
- Have a valid driver's license & reliable vehicle
- Flexible schedule



To Register, Call:

Monique Carvalho at 617-635-4374

AGE+

City of Boston  
Age Strong Commission  
Mayor Michelle Wu



AmeriCorps

## GIVE BACK

As an AmeriCorps  
Volunteer Tax Preparer!!!

Help older adults maximize  
their state and federal refunds.



- Help provide **no-cost tax preparation** services for income-eligible residents.
- Free training to become an RSVP Tax Preparer.



No tax preparation experience required!



- Must Be 55+
- Complete a CORI check

For more information, contact  
Monique Carvalho 617-635-4374  
Monique.Carvalho@Boston.gov

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City of Boston  
Age Strong Commission  
Mayor Michelle Wu



AmeriCorps  
Seniors



## WINTER SAFETY TIPS

If you see individuals out in the cold who appear immobile, disoriented, or underdressed for the cold, please call **911**.

[Boston.gov/cold](http://Boston.gov/cold)

CITY of BOSTON

# BOSTON 2022 CITIZENSHIP DAY



Mayor's office for  
**IMMIGRANT  
ADVANCEMENT**

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## SATURDAY, MARCH 26

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**RECEIVE FREE HELP WITH YOUR  
CITIZENSHIP APPLICATION!**

*You must:*

- Be at least 18 years old
- Be a legal permanent resident for 5 years or 3 years if married to a U.S. Citizen

**CALL NOW FOR AN APPOINTMENT**



**(617) 694-5949**

***ProjectCitizenship.org***

*\*COVID-19 protocols will be in place on Citizenship Day on March 26.*

 **Eastern Bank**  
JOIN US FOR GOOD™

## TELLING YOUR STORY!

Join this two-week writing workshop and learn how to turn your favorite memories into micro-stories, memoirs, and personal memory maps – FREE on Zoom. Offered by Age Strong Boston and Write the World.

### JOIN US:

Tuesdays from 7PM to 8PM on March 8 & March 15

### OR

Wednesdays from 11AM to NOON on March 9 & March 16

### TO REGISTER, OR FIND OUT MORE CONTACT:

Renee Frechette renee.frechette@boston.gov 617-635-4168

AGE+



City of Boston  
Age Strong Commission  
Mayor Michelle Wu



Write the Family



**FREE!**  
MEETS  
ONLINE!

Walk Up

## Free COVID-19 Testing

**Bruce C. Bolling Building**

2300 Washington Street

Roxbury, MA 02119

Tuesdays - Saturdays

12 p.m. - 8 p.m.



OTHER TESTING SITES AVAILABLE HERE: [BOSTON.GOV](https://www.boston.gov)



Call the Mayor's Health Line at 617-534-5050  
for more information

	<h2>HEY BOSTON, RECYCLE YOUR CLOTHING AND TEXTILES!</h2> <p>Boston and HELPSY are working together to keep unwanted clothes, shoes, and accessories out of the trash. As part of our Zero Waste Boston plan, our clothing and textile dropoff sites help the City budget, create jobs for Boston residents, and support 100 local charities.</p> <p>Just drop your dry, unwanted clothes, shoes, and textiles in the bin, and we'll take it from there.</p> <p>Check our website for more info, visit: <a href="http://boston.gov/clothing">boston.gov/clothing</a></p>																																							
	<h3>WHAT WE WILL RECYCLE:</h3> <table border="0"> <tr> <td>Pants</td> <td>Jackets</td> <td>Socks (singles too!)</td> </tr> <tr> <td>Shorts</td> <td>Suits</td> <td>Purses</td> </tr> <tr> <td>Shirts</td> <td>Scarves</td> <td>Comforters</td> </tr> <tr> <td>Pajamas</td> <td>Undergarments and bras</td> <td>Sheets</td> </tr> <tr> <td>T-shirts</td> <td>Shoes (singles too!)</td> <td>Blankets</td> </tr> <tr> <td>Jerseys</td> <td>Flip Flops</td> <td>Pillows</td> </tr> <tr> <td>Sweatshirts and pants</td> <td>Slippers</td> <td>Pillow cases</td> </tr> <tr> <td>Sweaters</td> <td>Belts</td> <td>Curtains and draperies</td> </tr> <tr> <td>Jeans</td> <td>Ties</td> <td>Table linens</td> </tr> <tr> <td>Dresses</td> <td>Backpacks, book bags</td> <td>Stuffed animals</td> </tr> <tr> <td>Coats</td> <td>Hats</td> <td></td> </tr> </table>						Pants	Jackets	Socks (singles too!)	Shorts	Suits	Purses	Shirts	Scarves	Comforters	Pajamas	Undergarments and bras	Sheets	T-shirts	Shoes (singles too!)	Blankets	Jerseys	Flip Flops	Pillows	Sweatshirts and pants	Slippers	Pillow cases	Sweaters	Belts	Curtains and draperies	Jeans	Ties	Table linens	Dresses	Backpacks, book bags	Stuffed animals	Coats	Hats		
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CITY of BOSTON



Public Works



## Hearing Loss?

### Will you hear your smoke alarm?

The Boston Fire Department will install a free bed shaker alarm with smoke and CO detectors to ensure you will be able to respond in the event of an emergency. For installation and additional information please call 617-343-3337 or email [michelle.mccourt@boston.gov](mailto:michelle.mccourt@boston.gov)

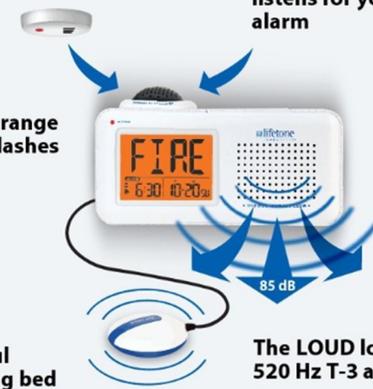


Here is how the HLAC works:

Ordinary T-3 smoke alarm

Patented Lifetone™ technology constantly listens for your smoke alarm

Bright orange screen flashes "FIRE"



Powerful pulsating bed shaker vibrates

The LOUD low-frequency 520 Hz T-3 alarm sounds  
A baritone voice says "FIRE! GET OUT!"

# Am I eligible for a COVID-19 booster shot?

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## Who?

**Individuals 12+ who are fully vaccinated\***

\*Individuals age 12-17 can only get the Pfizer booster

## When?

- At least 6 months after Moderna
- At least 5 months after Pfizer
- At least 2 months after Johnson & Johnson

## Which booster shot do I get?

- You may have a preference, but you can get any type of vaccine for your booster shot

More information at [mass.gov/COVID19booster](http://mass.gov/COVID19booster)



City of Boston  
Immigrant Advancement

# FREE IMMIGRATION CONSULTATIONS

Ask a lawyer for advice

[immigrantadvancement@boston.gov](mailto:immigrantadvancement@boston.gov)

617-635-2980



## KEEP BOSTON SENIORS WARM THIS WINTER

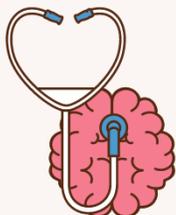
The **Seniors Save** program can provide up to \$8,000 to eligible seniors to replace faulty heating systems.

Visit [boston.gov/seniors-save](http://boston.gov/seniors-save) to apply today.



MASSACHUSETTS  
Alzheimer's Disease  
Research Center

# BOOST YOUR BRAIN



## WHAT'S GOOD FOR THE HEART IS GOOD FOR THE BRAIN



The Massachusetts Alzheimer's Disease Research Center (MADRC) encourages you to make brain health a priority in 2022 and beyond!

Studies show that heart-healthy behaviors can lower your risk for developing dementia. To learn how Diet, Exercise, Sleep and Social & Mental Activity contribute to brain health, scan the codes below.

### DIET



### EXERCISE



### SLEEP



### SOCIAL & MENTAL



LEARN

For more information about brain health, visit:

[www.madrc.org/brain-health/](http://www.madrc.org/brain-health/)

## COVID-19 Vaccine in Boston

The COVID-19 vaccine is an important and effective tool to keep ourselves and our communities safe. Along with wearing masks, social distancing, and frequent handwashing, the vaccine will help us end the COVID-19 pandemic. Click [here](#) for more information.

Need help booking an appointment?

Older Boston residents that are interested in the COVID vaccine and who need help with online registration or transportation should contact the Age Strong Commission at 617-635-4366 for vaccine assistance.

